SHARP

MICROWAVE OVEN
OPERATION MANUAL AND COOKING GUIDES

MODEL
R-390F(S)

Thank you for buying a Sharp Microwave Oven.
Please keep this operation manual handy, as it describes all the features of your oven and will enable you to cook many varieties of foods.
The manual is divided into two sections:
1.OPERATION (P.1 - P.15)
This section describes your oven and teaches you how to use all the features.
2.COOKING GUIDES
This section is at the back of the manual, it contains the more commonly used information such as how to prepare food, which cooking utensil to use, standing time.
It also contains recipes for automatic cooking.

Please take some time to read your operation manual carefully, paying particular attention to the warnings, the automatic cooking menus programmed into your new oven have been carefully developed to give optimum results when the step by step instructions are followed.
When selecting another home appliance, please again consider our full range of Sharp products.

CONTENTS

	Pages
Important Safety Instructions	1
Installation Instructions	3
Oven Diagram	4
Operation of Touch Control Panel	5
Control Panel Display	5
Touch Control Panel Layout	5
Before Operating	6
Getting Started	6
Clock Setting	6
Stop/Clear	6
To Cancel a Programme During Cooking	6
Manual Operations	7
Microwave Time Cooking	7
Sequence Cooking	8
Instant Cook	8
Increasing Time During a Cooking Programme	9
Automatic Operations	10
Notes for Automatic Operations	10
Instant Action	10
Express Defrost	11
Easy Defrost	12
Other Convenient Features	13
Less/More Setting	13
Timer	14
Child Lock	14
Demonstration Mode	14
Alarm	14
Care and Cleaning	15
Service Call Check	15
Specifications	15
Cooking Guides	16 ~ 22

IMPORTANT SAFETY INSTRUCTIONS
READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

Warning

To avoid the danger of fire

1. The microwave oven should not be left unattended during operation. Power levels that are too high or cooking times that are too long may overheat foods resulting in a fire.
2. This oven is not designed to be built-in to a wall or cabinet.
3. The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.
4. The AC power supply must be 230-240V, 50Hz.
5. It is recommended that a separate circuit serving only this appliance be provided.
6. Do not place the oven in areas where heat is generated. For example, close to a conventional oven.
7. Do not install the oven in an area of high humidity or where moisture may collect.
8. Do not store or use the oven outdoors.
9. If food being heated in the oven begins to smoke, DO NOT OPEN THE DOOR. Turn off and unplug the oven and wait until the food has stopped smoking. Opening the door while food is smoking may cause a fire.
10. Use only microwave-safe containers and utensils.
11. Do not leave the oven unattended when using disposable plastic, paper or other combustible food containers.
12. Clean the waveguide cover, the oven cavity, the turntable and roller stay after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.
13. Do not place flammable materials near the oven or ventilation openings.
14. Do not block the ventilation openings.
15. Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.
16. Do not use the microwave oven to fry with oil or heat oil for deep frying. The temperature can not be controlled and the oil may catch fire.
17. To make popcorn, use only special microwave makers.
18. Do not store food or any other items inside the oven.
19. Check the settings after you start the oven to ensure the oven is operating as desired.
20. Do not put things on top or cover the outer cabinet.
21. To avoid overheating and fire, special care must be taken when cooking or reheating foods with a high sugar or fat content, for example, Sausage rolls, Pies or christmas pudding.

To avoid the possibility of injury

1. Do not operate the oven if it is damaged or malfunctioning. Check the following before use.
   (1) The door (not warped)
   (2) The hinges and safety door latches (not broken or loose)
   (3) The door seals and sealing surfaces
   (4) The oven cavity (not dented)
   (5) The power supply cord or plug
2. Do not try to adjust or repair the oven yourself.
   It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation.
   Especially those which involve the removal of a cover which gives protection against exposure to microwave energy are very hazardous.
3. Do not operate the oven with the door open or alter the safety door latches in any way.
4. Do not operate the oven if there is an object between the door seals and sealing surfaces.
5. Do not allow grease or dirt to build up on the door seals and sealing surfaces.
6. Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

To avoid the possibility of electric shock

1. Under no circumstances should you remove the outer cabinet.
2. Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately, and call a SHARP service agent.
3. Do not immerse the power supply cord or plug in water or any other liquid.
4. Do not let the power supply cord hang over the edge of a table or counter.
5. Keep the power supply cord away from heated surfaces.
6. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.
7. Should the power supply cord become damaged, it must be replaced with a special cord supplied by a SERVICE CENTRE APPROVED BY SHARP. And it must be replaced by a qualified service technician trained by SHARP.

To avoid the possibility of explosion and sudden boiling

1. Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off.
2. When boiling water or other liquids, use a wide-mouthed container to allow bubbles to escape. It is advisable to insert a glass rod or other similar utensil to prevent sudden boiling (resulting in splashing or burning).
3. Do not cook eggs in their shells. They may explode. The explosion may damage the oven or injure yourself. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and whites or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.
4. Pierce the skin on such foods as potatoes, sausages and fruit before cooking, or they may explode.
5. Do not use excessive amount of time to heat.
6. Stand at least for 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.
7. Stir the liquid before and during cooking. Use extreme care when handling the container or inserting a spoon or other utensil into the container.

To avoid the possibility of burns

1. Use pot holders or oven gloves when removing food from the oven to prevent burns.
2. Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns.
3. Always stand back from the oven door when opening it to avoid burns from escaping steam and heat.
4. Slice stuffed baked foods after heating to release steam and avoid burns.
5. Stir the food and the contents of cooking containers, and test their actual temperature before giving them to infants, young children or elderly people to avoid internal burns.
6. Do not catch the utensil, your clothes or accessories on the door safety latches, when you take out the food from the oven.

To avoid misuse by children

1. Only allow chidlren to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards or improper use.
2. Children should use ovens only under the supervision of adults.
3. Do not lean or swing on the oven door. Do not play with the oven or use it as a toy. Young children should be supervised to ensure that they do not play with the oven.
4. Children should be taught all important safety instructions : use of potholders, careful removal of food coverings; pay special attention to packaging (e.g. self-heating materials) designed to make food crisp because they may be extra hot.

Other warnings

1. Never modify the oven in any way.
2. Do not move the oven while it is in operation.
3. This oven is for home food preparation only. It is not suitable for commercial or laboratory use.
4. This appliance is not intended for use by young children or infirm persons without supervision.

Caution **-To prevent trouble with the oven or damage.**

1. Never operate the oven when it is empty. Doing so may damage the oven.
2. Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.
3. Use only the turntable and the roller stay designed for this oven.
4. To prevent the turntable from breaking:
   (a) Before cleaning the turntable with water, leave the turntable to cool.
   (b) Do not put hot foods or hot utensils on the cold turntable.
   (c) Do not put cold foods or cold utensils on the hot turntable.
5. Do not place anything on the outer cabinet during operation.
6. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven operating.
7. Never tamper with or deactivated the door safety latches.
8. When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable and roller stay due to heat stress. The preheating time specified in the dish's instructions must not be exceeded.

Note

1. If you are not sure how to connect your oven, please consult a qualified electrician.
2. Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.
3. Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of leaking of microwaves or a malfunction.
4. The clock of the oven works based on the frequency of power source. So it may gain or lose in some area where the frequency varies. It is recommended that you should adjust the time occasionally.

INSTALLATION INSTRUCTIONS

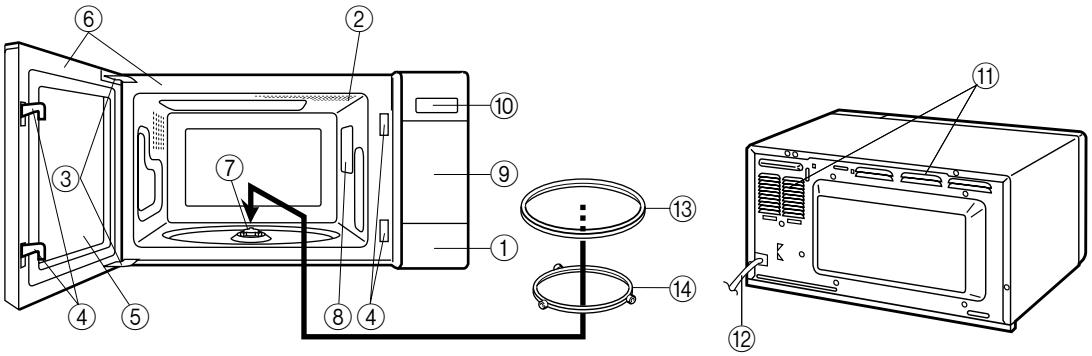
1. Remove all packing materials from the oven cavity. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided
   1) Turntable 2) Roller stay
   3) Operation manual and Cooking guides
3. Fit the roller stay to the coupling located on the floor of the oven cavity. Place the turntable on the roller stay. Make sure the turntable and roller stay are centrally located and locked together. Refer to OVEN DIAGRAM on page 4. NEVER operate the oven without the roller stay and turntable.
4. The oven should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit.
   The oven should be installed so as not to block ventilation openings.
   Allow at least 15 cm on the top of the oven for free air space.
5. The A.C. voltage and frequency must be single phase 230-240V, 50Hz.
6. **WARNING-THIS APPLIANCE MUST BE EARTHED.**
   If the socket outlet in your house is not compatible with the plug supplied, cut-off the mains plug and fit an appropriate type, observing the wiring cord below.
   If you are unsure how to do this get help from an electrician.
   INPORTANT - The wires in power supply cord are coloured in accordance with the following code:

Green-and-yellow	:	Earth
Blue	:	Neutral
Brown	:	Live

As the colours of the wires in the power supply cord of this appliance may not correspond with the coloured marking identifying the terminals in your plug, proceed as follows:
The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol ⏚ or coloured green or green-and-yellow.
The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured blue.
The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured brown.

NOTE: Under no circumstances should the cut-off plug be inserted into a socket outlet as a serious electric shock may occur.

OVEN DIAGRAM



① Door open button
② Oven lamp
③ Door hinges
④ Door safety latches
⑤ See through door
⑥ Door seals and sealing surfaces
⑦ Coupling
⑧ Waveguide cover (Do not remove)
⑨ Touch control panel
⑩ Liquid crystal display
⑪ Ventilation openings
⑫ Power supply cord
⑬ Turntable
⑭ Roller stay

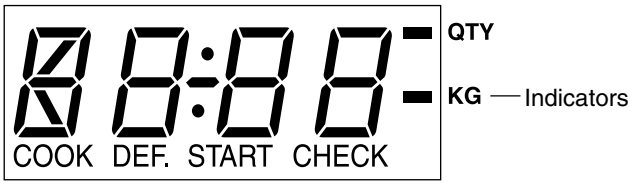
OPERATION OF TOUCH CONTROL PANEL

The operation of the oven is controlled by pressing the appropriate pads arranged on the surface of the control panel.

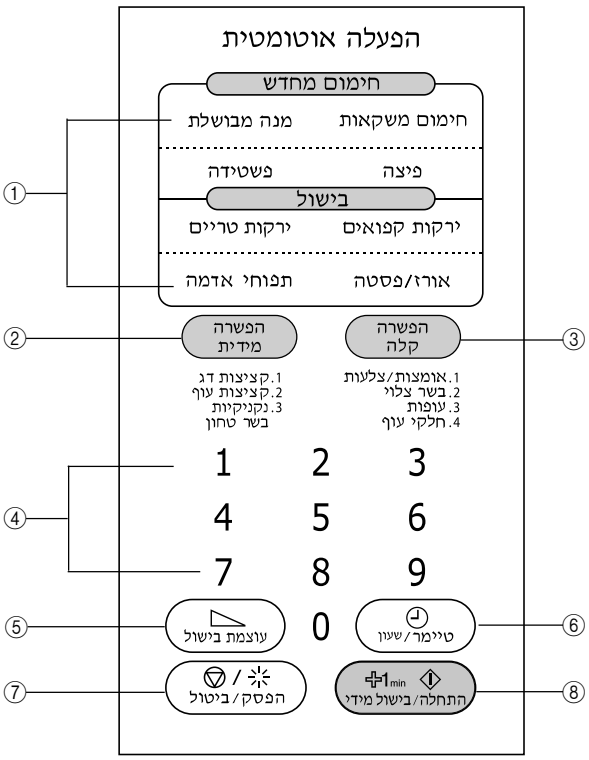
An entry signal tone should be heard each time you press the control panel to make a correct entry.

In addition an audible signal will sound for approximately 2 seconds at the end of the cooking cycle, or 4 times when cooking procedure is required.

Control Panel Display



Touch Control Panel Layout



① INSTANT ACTION PADS
Press to cook or reheat 8 popular menus.

② EXPRESS DEFROST PAD
Press to select the Express Defrost menu.

③ EASY DEFROST PAD
Press to select the Easy Defrost menu.

④ NUMBER PADS
Press to enter cooking time, clock time, weight of food.

⑤ POWER LEVEL PAD
Press to select microwave power setting.
If not pressed, 100% power is automatically selected.
Press to alter the cooking result for automatic operations.

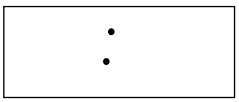
⑥ TIMER/CLOCK PAD
Press to set clock, timer, child lock or demonstration mode.

⑦ STOP/CLEAR PAD
Press to clear during programming.
Press once to stop operation of oven during cooking; press twice to cancel cooking programme.

⑧ INSTANT COOK/START PAD
Press to start oven after setting programmes.
Press once to cook for 1 minute at 100% power or increase by 1 minute multiples each time this pad is pressed during cooking.

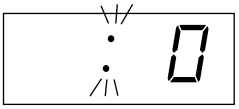
BEFORE OPERATING

Getting Started

Step	Procedure	Pad Order	Display
1	Plug the oven into a power point. Ensure the oven door is closed.		 Flashing eights
2	Press the STOP/CLEAR pad so that the oven beeps.		 Only the dots will remain.

Clock Setting

* To enter the present time of day 11:34 (AM or PM).

Step	Procedure	Pad Order	Display
1	Press the TIMER/CLOCK pad.		 The dots (:) will flash on and off.
2	Enter the correct time of day by pressing the numbers in sequence.	1 1 3 4	
3	Press the TIMER/CLOCK pad again.		

This is a 12 hour clock. If you attempt to enter an incorrect clock time (eg. 13:45), Err will appear in the display. Press the STOP/CLEAR pad and re-enter the time of day (eg. 1:45).
The clock of the oven works based on the frequency of power source. So it may gain or lose in some area where the frequency varies. It is recommended that you should adjust the time occasionaly.
If you wish to know the time of day during the cooking or timer mode, press the TIMER/CLOCK pad. As long as your finger is pressing the TIMER/CLOCK pad, the time of day will be displayed.

Stop/Clear

Press the STOP/CLEAR pad once to:
1. Stop the oven temporarily during cooking.
2. Clear if you make a mistake during programming.

To Cancel a Programme During Cooking

Press the STOP/CLEAR pad twice.

MANUAL OPERATIONS

Microwave Time Cooking

This is a manual cooking feature, first enter the cooking time then the power level.
There are five different power levels. You can programme up to 99 minutes, 99 seconds.

Power level	10% (LOW)	30% (MEDIUM LOW)	50% (MEDIUM)	70% (MEDIUM HIGH)	100% (HIGH)
Display	10P	30P	50P	70P	100P
Examples of foods typically cooked on microwave oven power level	Keeping food warm	Defrost Softening butter	Casseroles	Cakes Muffins Slices	Vegetables Rice/Pasta Fruit

This variable cooking control allows you to select the rate of microwave cooking.

If a power level is not selected, then 100% power is automatically used.

* Suppose you want to time cook for 2 minutes 30 seconds on 100% power.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	2 3 ○	2·30 START START will flash on and off.
2	Press the INSTANT COOK/START pad.	+1min התחלה/בישול מידי	2·30 COOK The timer begins to count down.

To lower the power press the POWER LEVEL pad until desired power level is displayed.

* Suppose you want to cook Fish Fillets for 10 minutes on 50% power.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	1 ○ ○ ○	10·00 START START will flash on and off.
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press three times).	עוצמת בישול x 3	5 0P START
3	Press the INSTANT COOK/START pad.	+1min התחלה/בישול מידי	10·00 COOK The timer begins to count down.

If the door is opened during cooking process, the cooking time in the readout automatically stops. The cooking time starts to count down again when the door is closed and the INSTANT COOK/START pad is pressed.
If you wish to know the power level during cooking, press the POWER LEVEL pad. As long as your finger is touching the POWER LEVEL pad, the power level will be displayed.
If more than 40 minutes is entered on 100% power, the microwave power will be reduced after 40 minutes to avoid overheating.

Sequence Cooking

Your oven can be programmed for up to 3 automatic cooking sequences, switching from one variable power setting to another automatically.
* Suppose you want to cook for 10 minutes on 50% followed by 5 minutes on 100%.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	1 0 0 0	10:00 START START will flash on and off.
2	Select desired power level by pressing the POWER LEVEL pad (for 50% press three times).	עוצמת בישול x 3	50P START
3	For second sequence, enter desired time for cooking time. If power is not selected the oven will operate at 100% power.	5 0 0	5:00 START
4	Press the INSTANT COOK/START pad.	1min התחלה/בישול מידי	10:00 COOK The timer begins to count down to zero. When it reaches zero, 5:00 COOK the second sequence will appear and the timer will begin counting down to zero again.

Instant Cook™

For your convenience Sharp's Instant Cook allows you to easily cook for one minute on 100% power.

Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad. Within 3 minutes of closing the door.	1min התחלה/בישול מידי	1:00 COOK The timer begins to count down.

Press the INSTANT COOK/START pad until desired time is displayed.
Each time the pad is pressed, the cook time is increased by 1 minute.

Increasing Time During a Cooking Programme

Microwave time can be added during a cooking programme using the INSTANT COOK/START pad.

* Suppose you want to increase the cooking time by 2 minutes during 5 minutes on 50% power cooking. (at the moment the remaining cooking time is 1 min. 30 sec.)

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	5 ○ ○	5.00 START START will flash on and off.
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press three times).	עוצמת בישול x 3	5.0P START
3	Press the INSTANT COOK/START pad.	1min התחלה/בישול מידי	COOK 5.00 The timer starts to count down. COOK 1.30
4	Press the INSTANT COOK/START pad twice to increase the cooking time by two minutes.	1min התחלה/בישול מידי x 2	COOK 3.30

AUTOMATIC OPERATIONS

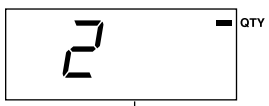
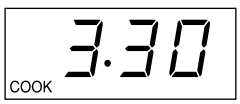
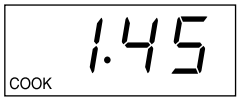
Notes for Automatic Operations

1. When using the automatic features, carefully follow the details provided in each MENU GUIDE to achieve the best result.
   If the details are not followed carefully, the food may be overcooked or undercooked or [Err] may be displayed.
2. Food weighing more or less than the quantity or weight listed in each MENU GUIDE, cook manually.
3. To change the final cooking or defrosting result from the standard setting, press the POWER LEVEL pad once (for more) or twice (for less) after selecting desired setting. Refer to page 13.
4. The final cooking result will vary according to the food condition (e.g.initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.
5. To avoid children's misuse, each INSTANT ACTION pad can be used only within 3 minutes of a preceding operation.
6. To defrost foods above or below the weights allowed on the EXPRESS DEFROST MENU GUIDE, use EASY DEFROST or defrost manually.
7. [Err] will be displayed if:
   more or less than weight of foods suggested in EASY DEFROST MENU GUIDE is programmed when the INSTANT COOK/START pad is pressed.
   To clear, press the STOP/CLEAR pad and reprogramme.
8. When entering the weight of the food, round off the weight to the nearest 0.1kg(100g). For example, 1.65kg would become 1.7kg.

Instant Action

The Instant Action allows you to cook or reheat several popular foods.
Follow the details provided in INSTANT ACTION MENU GUIDE on page 19 and 20 in the cooking guides.

* Suppose you want to cook 2 Jacket Potatoes.

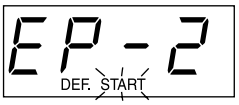
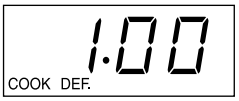
Step	Procedure	Pad Order	Display
1	Press the JACKET POTATO pad until desired quantity is displayed (for 2 pieces press twice).	תפוחי אדמה x 2	 After about 2 sec.  The cooking time will begin counting down. The oven will "beep" 4 times and stop. COOK indicator will go off and CHECK will flash on and off.
2	Open the door. Turn over potatoes. Close the door.		 START will flash on and off.
3	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down. When it reaches zero, the oven will "beep".

Express Defrost

1. Fish Fillets
2. Chicken Fillets
3. Sausages / Minced Meat

EXPRESS DEFROST rapidly defrosts 0.5 kg specific foods.
Follow the details provided in EXPRESS DEFROST MENU GUIDE on page 21 in the cooking guides.

* Suppose you want to defrost 0.5 kg of Chicken Fillets.

Step	Procedure	Pad Order	Display
1	Press the EXPRESS DEFROST pad until the desired menu number is displayed (for Chicken Fillets press twice).	x 2	 START will flash on and off.
2	Press the INSTANT COOK/START pad.		The defrosting time will begin counting down. The oven will "beep" 4 times and stop. COOK indicator will go off and CHECK will flash on and off.
3	Open the door. Remove defrosted pieces, turn over remaining pieces. Close the door.		START will flash on and off.
4	Press the INSTANT COOK/START pad.		 The defrosting time will begin counting down. When it reaches zero, the oven will "beep".

Easy Defrost

הפשרה
קלה

1. Steak / Chops
2. Roast Meat
3. Poultry
4. Chicken Pieces

EASY DEFROST will automatically compute the microwave power and defrosting time.
Follow the details provided in EASY DEFROST MENU GUIDE on page 22 in the cooking guides.

* Suppose you want to defrost 1.0 kg of Chicken Pieces.

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad until the desired menu number is displayed (for Chicken Pieces press four times).	הפשרה קלה x 4	KG will flash on and off.
2	Press the number pads to enter weight.	1 0	KG stops flashing and START will flash on and off.
3	Press the INSTANT COOK/START pad.	1min התחלה/בישול מידי	The defrosting time will begin counting down. The oven will "beep" 4 times and stop. COOK indicator will go off and CHECK will flash on and off.
4	Open the door. Remove defrosted pieces, turn over remaining pieces. Close the door.		START will flash on and off.
5	Press the INSTANT COOK/START pad.	1min התחלה/בישול מידי	The defrosting time will begin counting down. When it reaches zero, the oven will "beep".

OTHER CONVENIENT FEATURES

Less/More Setting

The cooking times programmed into the automatic menus are tailored to the most popular tastes. To adjust the cooking time to your individual preference use the "more" or "less" feature to either add (more) or reduce (less) cooking time.

The Less/More can be used to adjust the cooking time of the following features.
– INSTANT ACTION
– EXPRESS DEFROST
– EASY DEFROST

(1) INSTANT ACTION
* Suppose you want to reheat 1 cup of Beverage for less time than the standard setting.

Step	Procedure	Pad Order	Display
1	Press the BEVERAGE pad once.	חימום משקאות x 1	1 QTY
2	Press the POWER LEVEL pad twice within 2 seconds.	עוצמת בישול x 2	LESS

(2) EXPRESS DEFROST/EASY DEFROST
* Suppose you want to defrost 1.0kg of Chicken Pieces (Easy Defrost) for more time than the standard setting.

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad four times for Chicken Pieces.	הפשרה קלה x 4	Ed-4 KG DEF.
2	Press the number pads to enter weight.	1 0	1.0 KG DEF. START
3	Press the POWER LEVEL pad once.	עוצמת בישול x 1	PLUS DEF.
4	Press the INSTANT COOK/START pad.	+1min התחלה/בישול מידי	22:33 COOK DEF.

For EXPRESS DEFROST select the menu using the EXPRESS DEFROST pad instead of the EASY DEFROST pad in step 1 and go to step 3.

Timer

Use this feature as a general purpose timer. Example includes:
timing boiled eggs cooked on the stove top.
timing the recommended standing time of food.

You can enter any time up to 99 minutes, 99 seconds. If you want to cancel the timer during the count down phase simply press STOP/CLEAR and the display will return to showing time of day.

* Suppose you want to set the timer to 3 minutes for boiling an egg on the stove top.

Step	Procedure	Pad Order	Display
1	Enter desired time.	3 ○ ○	3.00 START
	Once the egg has come to the boil in the saucepan you can start the timer.		
2	Press the TIMER/CLOCK pad .	טיימר / שעון	3.00 The timer begins to count down. When the timer reaches zero, the oven will "beep". End will appear in the display.

Child Lock

If the oven is accidentally started with no food/liquid in the cavity, the oven could be damaged.

To prevent accidents like this, your oven has a "Child Lock" feature that you can set when the oven is not in use.

To set the Child Lock, press the TIMER/CLOCK pad, 1 and press the INSTANT COOK/START pad and hold for 3 seconds. SAFE will appear in the display.
The Control Panel is now locked, each time a pad is pressed, the display will show "SAFE".

To unlock the control panel, press the TIMER/CLOCK pad, 1 and the STOP/CLEAR pad. The time of day is displayed and the oven is ready to use.

Demonstration Mode

This feature is mainly for use by retail outlets, and also allows you to practice the key operation.

To demonstrate, press the TIMER/CLOCK pad , ○ and press the INSTANT COOK/START pad and hold for 3 seconds. d ISP will appear in the display.
Cooking operations can now be demonstrated with no power in the oven. For example, press INSTANT COOK/START pad, and the display will show 1.00 and count down to zero at ten times the speed. When the timer reaches zero, End will appear in the display.

To cancel, press the TIMER/CLOCK pad, ○ and the STOP/CLEAR pad.

Alarm

Your oven has an alarm function. If you leave food in the oven after cooking, the oven will "beep" 3 times after 2 minutes.
If you do not remove the food at that time, the oven will "beep" 3 times after 4 minutes and 6 minutes.

CARE AND CLEANING

Disconnect the power supply cord before cleaning or leave the door open to inactivate the oven during cleaning.

CLEAN THE OVEN AT REGULAR INTERVALS - Keep the oven clean, or it could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

Exterior:
The outside may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners.

Door:
Wipe the door and window on both side, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaner.

Touch Control Panel:
Wipe the panel with a cloth dampened slightly with water only.
Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

Interior walls:
To clean the interior surfaces, wipe with a soft cloth and warm water for hygienic reasons. After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Do not remove the waveguide cover. DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN.
Avoid using excess water. After cleaning the oven, ensure any water is removed with a soft cloth.

Turntable/Roller Stay:
Wash with mild soapy water and dry thoroughly.

SERVICE CALL CHECK

Please check the following before calling for service:

1. Does the display light? YES _____ NO _____
2. When the door is opened, does the oven lamp come on? YES _____ NO _____
3. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely. Oven lamp should go off if door is closed properly. Press the INSTANT COOK/START pad once.
   A. Does the oven lamp light? YES _____ NO _____
   B. Does the cooling fan work? YES _____ NO _____
   (Put your hand over the rear ventilation openings.)
   C. Does the turntable rotate? YES _____ NO _____
   (The turntable can rotate clockwise or counterclockwise. This is quite normal.)
   D. After one minute, did an audible signal sound and COOK indicator go off? YES _____ NO _____
   E. Is the water inside the oven hot? YES _____ NO _____

If “NO” is the answer to any of the above questions, please check your wall socket and the fuse in your meter box.
If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.

NOTE: 1. If time in the display is counting down rapidly, check Demonstration Mode. (See Page14 for detail.)
2. If you cook the food over 40 minutes on 100 % power, the microwave power will be automatically reduced to avoid overheating.

SPECIFICATIONS

AC Line Voltage:	Single phase 230-240V, 50Hz
AC Power Required:	1.60 kW
Output Power:	1100 W* (IEC test procedure)
Microwave Frequency:	2450 MHz (ClassB/Group2)**
Outside Dimensions:	520mm(W) x 302mm(H) x 426mm(D)
Cavity Dimensions:	374mm(W) x 227mm(H) x 399mm(D)
Cooking Uniformity:	Turntable (ø335mm tray) system
Weight:	Approx. 17 kg

* This measurement is based on the International Electrotechnical Commission’s standardised method for measuring output power.

** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.

COOKING GUIDES

Page

16 Quick reference guide
17 Helpful hints
18 Cookware and utensil guide
19 Instant action menu guide
21 Express defrost menu guide
22 Easy defrost menu guide

Quick Reference Guide

FEATURE	QUICK OPERATION GUIDE
Instant Action	To cook 2 Jacket Potatoes. תפוחי אדמה x 2
Express Defrost	To defrost 0.5kg of Chicken Fillets. Menu Number הפשרה מידית x 2 → 1min התחלה/בישול מידי
Easy Defrost	To defrost 1.0kg of Chicken Pieces. Menu Number → Weight 1 0 → 1min התחלה/בישול מידי הפשרה קלה x 4
Less/More Setting For Instant Action	חימום משקאות → For More setting: עוצמת בישול x 1 (Within 2 seconds) or For Less setting: עוצמת בישול x 2
Less/More Setting For Express Defrost, Easy Defrost	Menu Number הפשרה קלה x 4 → Weight* 1 0 → For More setting: עוצמת בישול x 1 or For Less setting: עוצמת בישול x 2 → 1min התחלה/בישול מידי eg. Chicken Pieces * Express Defrost, no need to enter weight.
Variable Cooking Control	To soften Cream Cheese or Butter for 40 seconds on 30%. Cooking Time 4 0 → עוצמת בישול x 4 → 1min התחלה/בישול מידי
Instant Cook	Just One Touch 1min התחלה/בישול מידי Within 3 minutes of closing the door.
Timer	To set for 3 minutes. 3 0 0 → טיימר/שעון
Child Lock	To lock. טיימר/שעון → 1 → 1min התחלה/בישול מידי Press for 3 seconds To unlock. טיימר/שעון → 1 → הפסק/ביטול
Clock	To set for 11:45 am. טיימר/שעון → 1 1 4 5 → טיימר/שעון

Helpful Hints

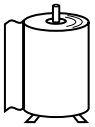
1. THE ARRANGEMENT
   Arrange foods carefully.
   Place thickest areas toward outside of dish.

2. TURNING
   Foods such as poultry and joints of meat should be turned over after half the cooking time.

3. COVERING
   Cover foods in the microwave if you would normally cover the food in your ordinary oven, or to retain moisture.
   Cover foods such as Vegetables, Casseroles, or when Reheating.
   Use to cover foods:

LID

PLASTIC WRAP



PAPER TOWEL

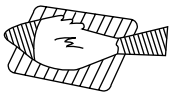
4. PIERCING
   Pierce potatoes, eggs, tomatoes or any foods with a skin or membrane to allow steam to escape.

TOMATO

EGG

5. SHIELDING
   Shield using small pieces of aluminium foil to shield thin areas of meat, fish and poultry or edges of cakes to prevent overcooking.

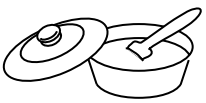
FISH



CHICKEN

6. STANDING TIME
   Standing time is important. After cooking or defrosting ensure adequate standing time. This allows the food to continue cooking or heating. Refer to cooking guides for each menu or according to manufacturers instructions.

7. STIRRING
   Stir foods from the outside to the centre of the dish, once or twice during cooking if possible.
   Eg. Casseroles and Sauces.

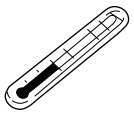


8. SIZE
   Small pieces cook faster than large ones. To speed cooking, cut pieces smaller than 5 cm so microwaves can penetrate to the centre from all sides. For even cooking, make all the pieces the same size.

9. DENSITY
   The depth to which microwaves penetrate food varies depending on the food's density. Porous foods like minced beef or mashed potatoes microwave faster than dense ones like steak or whole potatoes.

10. FAT AND BONE
    Marbling within meat, or a thin, even layer of fat on a roast, speeds cooking. Large fatty areas or excess drippings in dish attract energy away from meat, and slows cooking. Centre bones do not affect cooking, but bone on the side of meat conducts heat to the areas next to it.

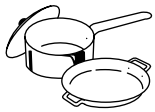
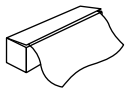
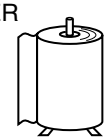
11. STARTING TEMPERATURE
    Frozen or refrigerated food takes longer to heat than food at room temperature. Cooking times in this book are based on normal storage temperatures.
    Since rooms, refrigerators and freezers differ in temperature, check for doneness at the minimum time.



12. QUANTITY
    Microwave cooking times are directly related to the amount of food in the oven. Because energy is absorbed by the food itself, one potato or a single piece of chicken cooks rapidly. When the energy is divided among several items, cooking takes more time.

13. CONDENSATION
    Condensation is a normal part of microwave cooking. The humidity and moisture in food will influence the amount of condensation in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.

Cookware and Utensil Guide

Utensil	Use	Advice
GLASSWARE/ CERAMIC (HEAT RESISTANT)	YES	GLASSWARE • Ordinary glass is not suitable for cooking but may be used for short periods for heating foods. CERAMIC • Most ovenproof china, and ceramics, are suited. • Avoid dishes that are decorated with gold or silver leaf. • Avoid using antique pottery. • If unsure, check with the manufacturer.
METAL COOKWARE 	NO	• Metal cookware should be avoided when cooking in the microwave oven. • Microwave energy is reflected by metal.
PLASTIC WRAP OVEN BAGS (MICROWAVE SAFE ONLY)	YES	• Plastic wrap can be used to cover food. • Some shrinkage of the wrap may occur, over an extended cooking time. • When removing wrap, lift it in such a way to avoid steam burns. • Do not tie oven bags with metal twist ties, substitute with string. • For cooking food with high fat content, do not bring the wrap in contact with the food as it may melt.
ALUMINIUM FOIL 	FOR SHIELDING	• Small amounts may be used to shield certain parts of meat and fish when cooking or defrosting. • Remove food in foil trays, if possible, and place in a microwave safe dish. • If not possible, place the foil tray onto a heat proof plate allowing 2.5 cm room between the walls of the oven.
STRAW AND WOOD	NO	• Excessive over heating of these materials may cause a fire in the microwave oven.
PAPER 	YES	• Paper towels and waxed paper are suitable to use to prevent splatters. • These are suitable for use when reheating foods or for short cooking time.
PLASTIC COOK-WARE MICROWAVE SAFE	YES	• Ideal for cooking, reheating and defrosting. • Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content.
BROWNING DISH	YES	• Ensure that the preheating time of the dish is not exceeded. • Ensure that a microwave heat proof dinner plate or suitable insulator be placed between the turntable and the browning dish.
THERMOMETERS • MICROWAVE SAFE • CONVENTIONAL	 YES NO	

Instant Action Menu Guide

The final cooking result will vary according to the food condition (e,g. initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.

<table>
<tr><th>Menu</th><th>Quantity
(Unit per pressing each INSTANT ACTION pad)</th><th>Initial Temperature (approx.)</th><th>Procedure</th><th>Standing Time (minutes)</th></tr>
<tr><td>Dinner Plate

<table>
<tr><th>MEAT</th><th>POTATO</th><th>VEGETABLES</th></tr>
<tr><td>175 - 180g</td><td>125g</td><td>100g</td></tr>
<tr><td>Beef, Lamb
Chicken, T-Bone</td><td>sliced</td><td>2 varieties
eg. sliced Carrot, Zucchini
Broccoli</td></tr>
</table></td><td>1 serve
(1 serve,
approx. 400 g)</td><td>+ 3°C
Refrigerated</td><td>• Cover with plastic wrap.
• After cooking, stand covered.</td><td>2</td></tr>
<tr><td>Beverage
includes: Tea
Coffee
Water</td><td>1 - 4 cups
(1 cup, 250 ml)</td><td>+ 20°C
Room temperature</td><td>• No cover
• Place on the outside of turntable.
• After reheating, stir.</td><td></td></tr>
<tr><td>Reheat Pie
includes: Pies
Pasties</td><td>1 - 4 pieces
(1 piece,
approx. 160-200 g)</td><td>– 18°C
Frozen</td><td>• Place upside down on the turntable.
• Cover with paper towel.
• The oven will "beep" and stop. CHECK will flash on and off. Turn over pies and press start to continue cooking.
• After cooking, stand.</td><td>1 - 3</td></tr>
<tr><td>Reheat Pizza</td><td>1 - 4 pieces
(1 piece,
approx. 90 g)</td><td>+ 3°C
Refrigerated</td><td>• Place pizza on paper towel on the turntable.</td><td></td></tr>
<tr><td>Fresh Vegetables

Carrots
Potato } hard vegetables
Beans
Brussels Sprouts
Broccoli
Cauliflower } medium vegetables
Zucchini
Spinach
Cabbage } soft vegetables</td><td>0.2 - 1.0 kg
(0.2 kg)</td><td>+ 3°C
Refrigerated</td><td>• Wash the vegetables.
• Cut potatoes into small pieces.
• Arrange the vegetables in a shallow dish in the following way: hard vegetables around the outside, soft vegetables in the centre, medium vegetables in-between.
• Cover with glass lid or plastic wrap.
• After cooking, stir then stand covered.
NOTE: Use MORE setting for potato.</td><td>1 - 5</td></tr>
</table>

<table>
<tr><th>Menu</th><th>Quantity
(Unit per pressing each INSTANT ACTION pad)</th><th>Initial Temperature (approx.)</th><th>Procedure</th><th>Standing Time (minutes)</th></tr>
<tr><td>Frozen Vegetables

Carrots
Beans
Brussels Sprouts
Broccoli
Cauliflower
Corn
Green Peas
Mixed Vegetables</td><td>0.2 - 1.0 kg
(0.2 kg)

hard vegetables

medium vegetables

soft vegetables</td><td>– 18°C
Frozen</td><td>• Before cooking, separate vegetables eg. broccoli as much as possible.
• Arrange the vegetables in a shallow dish in the following way : hard vegetables around the outside, soft vegetables in the centre, medium vegetables in-between.
• Cover with a glass lid or plastic wrap.
• After cooking, stir then stand covered.</td><td>1 - 5</td></tr>
<tr><td>Jacket Potato
Potato (whole)</td><td>1 - 10 pieces
(1 piece, approx. 150 g)</td><td>+ 20°C
Room temperature</td><td>• Use washed new potatoes.
• Pierce twice with fork on each side.
• Place on outside of turntable.
• The oven will "beep" and stop. CHECK will flash on and off.
Turn potatoes over and press start to continue cooking.
• After cooking, stand, covered with aluminium foil.</td><td>3 - 10</td></tr>
<tr><td>Rice / Pasta
includes: White Rice
Dry Pasta

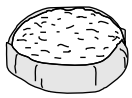
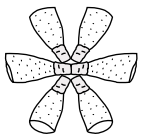
<table><tr><td>Serve</td><td>1 serve</td><td>2 serves</td><td>3 serves</td><td>4 serves</td></tr><tr><td>Rice/Pasta</td><td>1/2 cup</td><td>1 cup</td><td>1 1/2 cups</td><td>2 cups</td></tr><tr><td>Soup stock or Hot tap water for Rice</td><td>1 1/2 cups</td><td>2 1/2 cups</td><td>3 cups</td><td>4 cups</td></tr><tr><td>Hot tap water for Pasta</td><td>2 cups</td><td>2 1/2 cups</td><td>3 cups</td><td>4 cups</td></tr></table></td><td>1 - 4 serves
(1 serve, 1/2 cup)</td><td>approx. + 60°C
hot tap water
or soup stock</td><td>• Wash rice thoroughly until water runs clear.
• Place into a Pyrex® bowl and cover with hot soup stock (for rice) or with hot tap water (for rice or pasta).
• Cook uncovered.
• The oven will "beep" and stop. CHECK will flash on and off.
Stir and press start to continue cooking.
• After cooking, stand and stir.</td><td>3 - 5</td></tr>
</table>

Express Defrost Menu Guide

NO.	Menu	Quantity (kg's)	Procedure	Standing Time (minutes)
1	**Fish Fillets**	0.5	• Place fish fillets on a defrost rack. • The oven will "beep" and stop, CHECK will flash on and off. Turn over and separate into pieces. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil.	5
2	**Chicken Fillets**	0.5	• Place chicken fillets on a defrost rack. • The oven will "beep" and stop, CHECK will flash on and off. Turn over and separate into pieces. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil.	5
3	**Sausages/ Minced Meat**	0.5	• Place sausages/minced meat on a defrost rack. • The oven will "beep" and stop, CHECK will flash on and off. Remove defrosted portions of mince, turn over and shield edges with foil strips. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil.	5

NOTE: When freezing minced meat, shape it into flat even sizes.
For fish fillets, chicken fillets and sausages, freeze separately in single flat layers and if necessary separate into layers with freezer plastic. This will ensure even defrosting.
It is also a good idea to label the packs with the correct weights.

Easy Defrost Menu Guide

NO.	Menu	Quantity min-max (kg's)	Procedure	Standing Time (minutes)
1	**Steak Chops**	0.1 - 3.0	• Shield thin end of chops or steaks with foil. • Position the food with thinner parts in the centre in a single layer on the defrost rack. If pieces are stuck together, try to separate as soon as possible. • The oven will "beep" and stop, CHECK will flash on and off. Remove defrosted pieces, turn over and shield the warm portions of remaining pieces. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil.	5 - 30
	Minced Meat Beef 	0.1 - 3.0	• Place frozen minced meat on a defrost rack. Shield edges. • The oven will "beep" and stop, CHECK will flash on and off. Remove defrosted portions of mince, turn over and shield edges with foil strips. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil.	10 - 30
2	**Roast Meat** Beef Lamb	0.5 - 3.0 0.5 - 2.5	• Shield the bone and the edge with foil strips about 2.5cm wide. • Place joint with lean side face upwards (if possible) on the defrost rack. • The oven will "beep" and stop, CHECK will flash on and off. Turn over and shield the warm portions. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil.	5 - 60
3	**Poultry**	1.0 - 4.0	• Remove from original wrapper. Shield wing and leg tips with foil. • Place breast side down on the defrost rack. • The oven will "beep" and stop, CHECK will flash on and off. Turn over and shield the warm portions. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil. N.B. After standing run under cold water to remove giblets if necessary.	5 - 50
4	**Chicken Pieces** 	0.1 - 3.0	• Shield the exposed bone with foil. • Place chicken pieces on the defrost rack. • The oven will "beep" and stop, CHECK will flash on and off. Remove any defrosted pieces,turn over and shield the warm portions of remaining pieces. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil.	5 - 15

Food not listed in the Guide can be defrosted using 30 % setting.

NOTE: When freezing minced meat, shape it into flat even sizes.
For chicken pieces, steaks and chops, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.
It is also a good idea to label the packs with the correct weights.